



PANTIARA YOGA

Anetta Tiara

NEW YEAR'S RETREAT

29/12/2024-02/01/2025

IN MOROCCO

AT THE FEET OF THE ATLAS MOUNTAINS

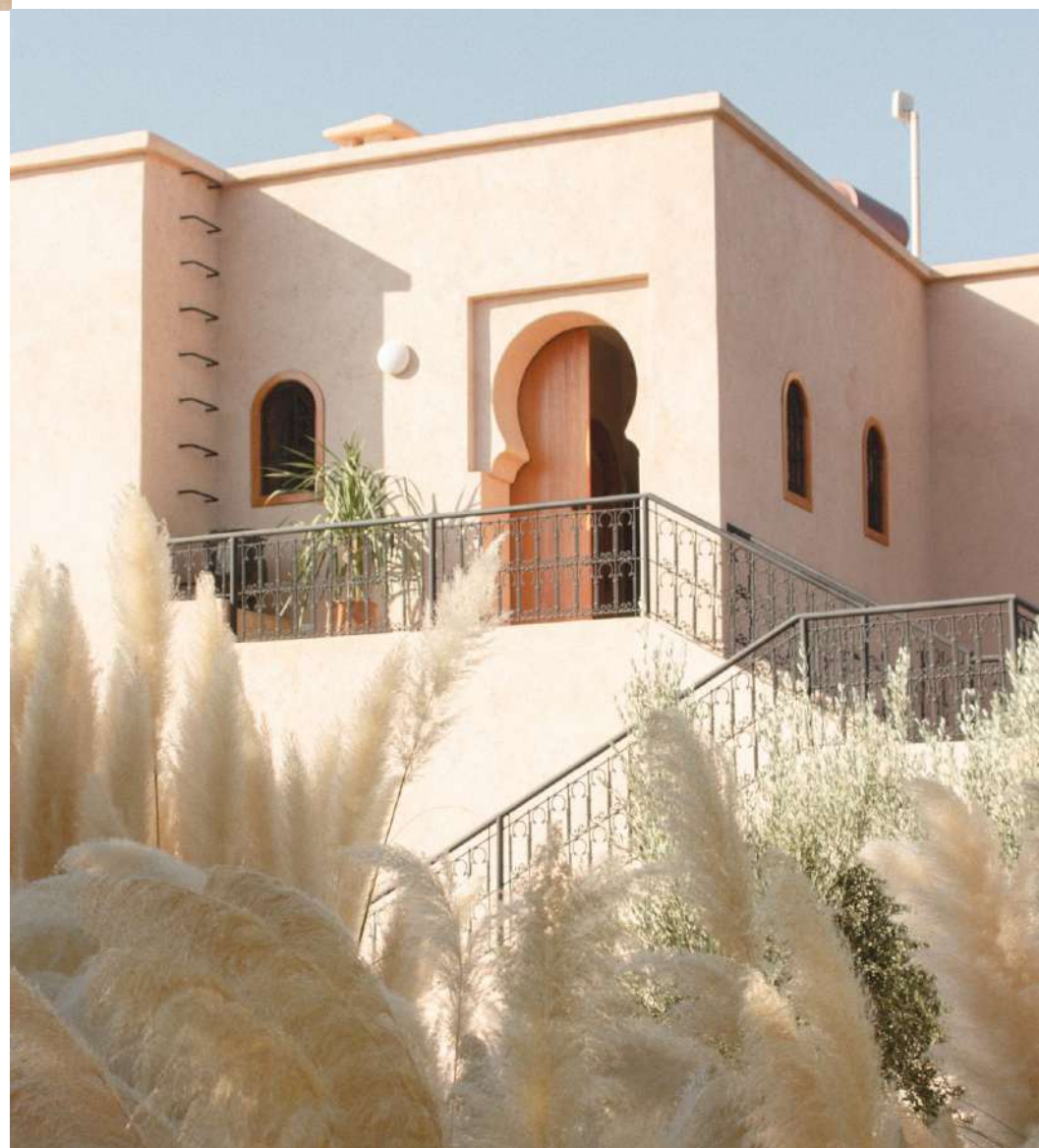




At Bab Zouina
a green paradise. 2
Hectars of holy
gardens. A mix of
modern and
traditional
Moroccan Riads.
Located in Ourika
valley at the foot
of the Atlas
mountains

Olive and fruit
trees, different
gardens, hidden
terraces and silent
nature.

Arrive comfortably
at Marrakesch:
from there a
transfer will be
arranged for you
to the venue.





PROGRAM

Conscious Transition

REFLECTION AND LETTING GO OF 2024
POWERFULLY MANIFESTING YOUR 2025
with a crystal clear vision aligned with your heart's desire
-an example of a retreat day-

8:30-11:30 Morning Yoga Session with Meditation +
Breathwork + Journaling + Manifestation Tools

12:30 Brunch

FREE TIME

17:30-18:30 Rooftop Evening Yoga Session

19:00 Dinner

let go | heal | reflect | move | grow | share | dance

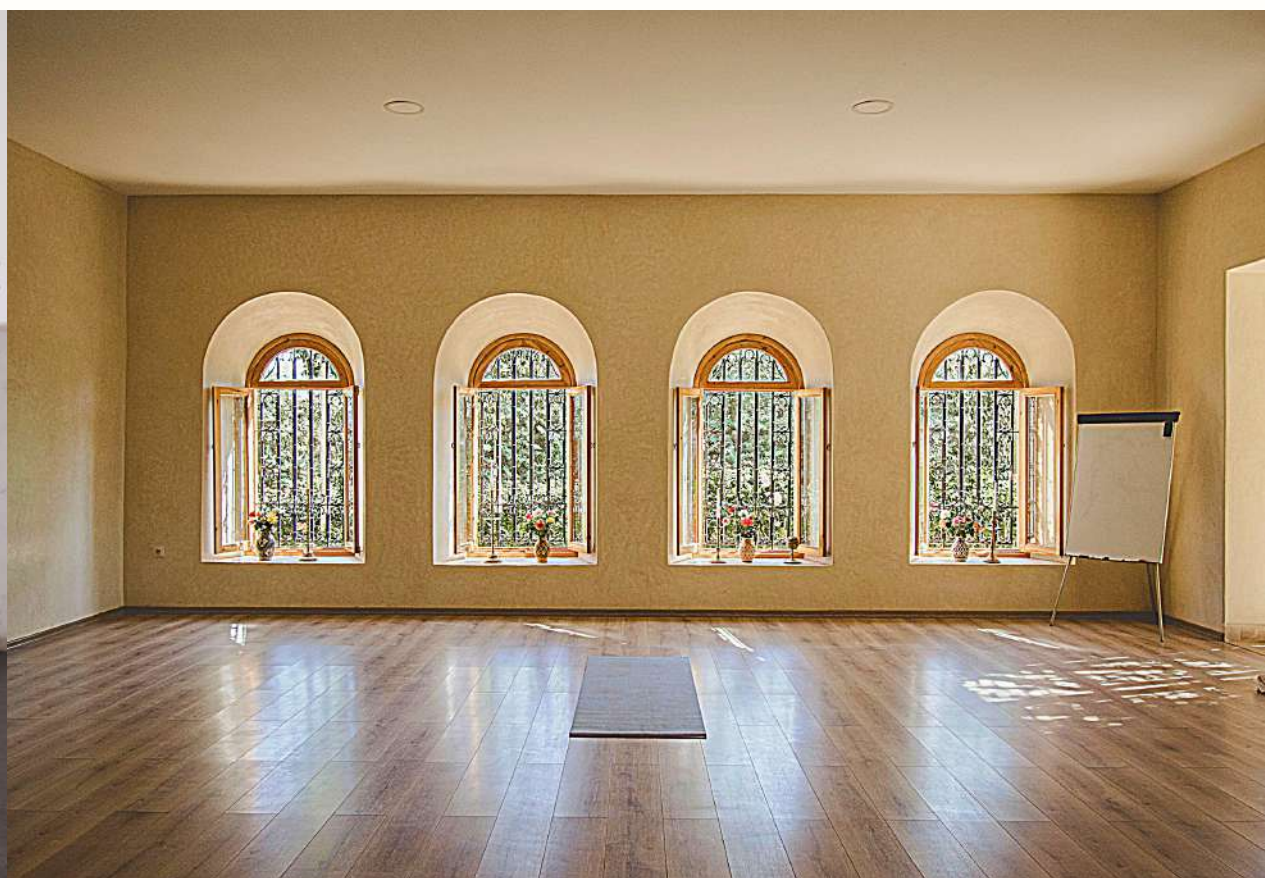
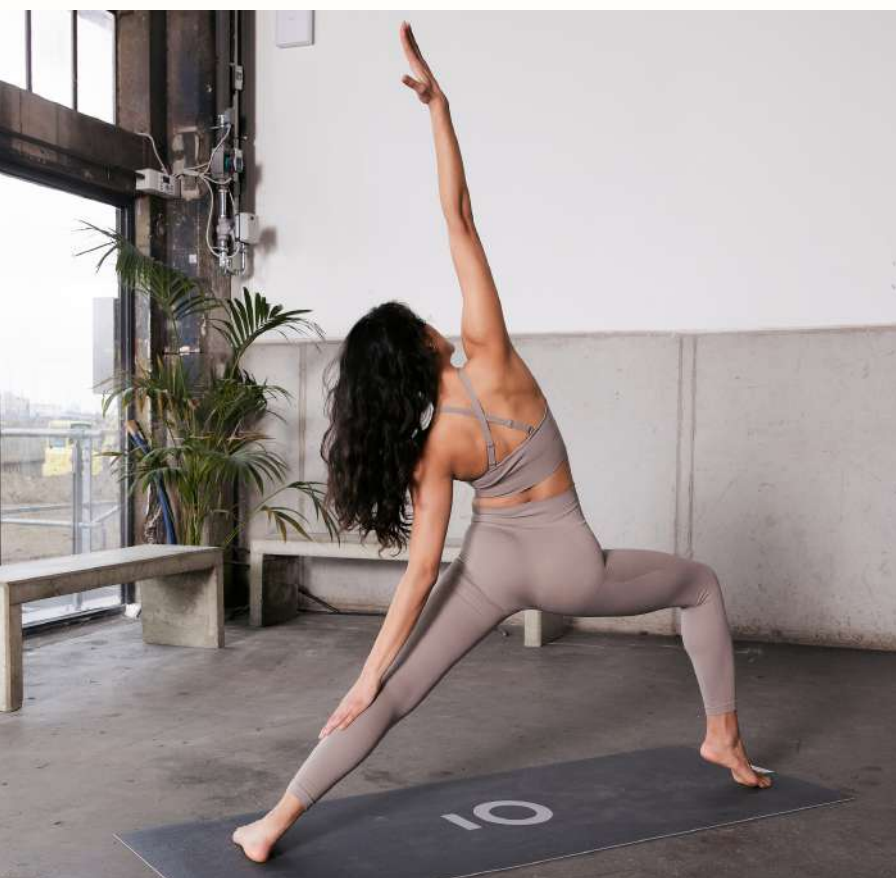
DAILY CLASSES

all levels

Indoor
in the
beautiful
Yoga Shala

Outdoor

in the fire pit
or at one of the
rooftops, if the
weather allows



Hands-on adjustments by
Anetta - certified yoga teacher
(Vinyasa and Ashtanga Yoga)

YOGA PHILOSOPHY & EXERCISES FOR CONNECTION



Exercises rooted in self love, personal development, manifestation and visualization techniques and much more for a powerful transition from 2022 to 2023



HIKING TRIP TO THE ATLAS MOUNTAINS



MOROCCAN CUISINE



Freshly cooked
everyday and served
as delicious and
healthy brunch and
dinner at the table
with love and care

vegetarian - vegan
saisonal - regional

Fruits, nuts,
traditional tea and
coffee all day





RELAX

Peace and silence in the gardens,
terraces and lounges

Detox from Social Media (WIFI
only available in the reception)

Additional: Hammam,
Shiatsu and Oil Massages
(ask for price list)





Chamber of your choice

Quadruple Room

835 EUR

Triple room

875 EUR

Double or Twin room

1015 EUR

+ private bathroom

1075 EUR

Single Room

1135 EUR

+ private bathroom

1195 EUR

Prices are per person and include the retreat program, Yoga supplies, 4 nights, 5 days at Bab Zouina, Airport transfers, Hiking trip to the Atlas Mountains, usage of the pool, gardens, terraces, tennis court, all meals and beverages;
Excluded: flight and additional activities

Additional

- Excursions: Berber souk, Anima garden, saffron farm, quad, Agafay desert, camel ride, hot air balloon, Marrakesch,
- Well-Being: shiatsu/oil massage
- Workshops: calligraphy, pottery, Moroccan cooking, bread making, Hemna Hands
- 1:1 Private Coaching, Meditation, Yoga Session with Anetta

Opportunity to prolong your stay

Feel free for more information

